

# CENTURY ORTHODONTICS

OUR THIRD CENTURY OF ORTHODONTIC EXCELLENCE

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## *Fixed Retention Options*

**A**T this time you have entered the passive retention phase (**PRP**) of your orthodontic treatment. Your tooth alignment is now as stable as it ever will be. Unfortunately, this does not mean that the teeth will never move again, but it does allow us to put you on an “as needed” or long-term recall basis. All visits from this point on will be on a visit charge. Options for the patient wearing a fixed retainer are:

1. ***Leave fixed retainer.*** These can be checked at your regular dentist and you should call us if it becomes loose or any problems develop. A fee will be charged for re-bonding a loose or broken appliance although we often replace the fixed retainer with a removable one if this occurs. As fixed retainers can be left in place safely for years leaving things “as is” is generally our preference. Another factor to consider is that fixed retainers are usually used to hold the most unstable areas (usually the lower incisors) and even if the upper teeth stayed straight without wearing a retainer this is much less likely in the lower arch.
2. ***Remove fixed retainer and replace with a removable nighttime appliance.*** Our normal fee for a new retainer will be charged. As long as there is no problem periodic observation visits are not necessary.
3. ***Remove fixed retainer and go without any retention*** what so ever. As long as you do not notice any significant movement no additional observation visits are necessary. **We do not recommend this option!**

***Remember that wearing your retainers is the best insurance you have to maintaining a healthy and attractive smile***

***Please turn over to review rules about bonded retainers!***

# Bonded Retainer

**B**onded (glued in) retainers are used for certain hard to hold orthodontic corrections. These include lower anterior teeth, spaces between upper incisors and teeth with weak periodontal (gum and bone) support.

## Points to remember:

1. *Bonded retainers are not indestructible! Be careful chewing on hard and very sticky things. For lower anteriors, the retainer is only bonded on the canine teeth and just rests against the inside of the incisors. This makes it much easier to clean but it is possible to bend the wire if hard things are bitten into. Always check to see if the wire is straight across against the middle of the incisors, not bent down into the gums!*
2. *It is more difficult to brush the teeth with the retainer on. Make sure you clean all around. It is still possible to floss, but you may need a floss threader or superfloss to get under the bar.*
3. *Check the bonded retainer every day when you brush. If any part of the retainer comes loose from a tooth, even if part is still attached, make an appointment to come in immediately.*

**Remember that this appliance is only a retainer. It cannot straighten a crooked tooth. If not immediately replaced, the teeth will shift and additional active appliances will be necessary to realign the teeth before a new bonded appliance can be placed.**

4. *As with any dental appliance regular monitoring of this retainer is necessary; either at our office or at your dentist at your regular checkup and cleaning.*
5. *After a number of years the fixed retainer may be removed but it must be replaced with a removable retainer for nighttime use. There will be an additional fee for these replacement retainers.*